

just for GIRLS

2010/2011 Edition

FLIP
FOR
guys'
SIDE

WHAT DO
real
guys
WANT?

DATING
DO'S AND DON'TS

inside SCOOP
on guys

TAKE OUR QUIZ:
are you at risk?

Q&A
ASK THE DOCTOR

TRANSLATING
WHAT HE SAYS
TO YOU

Abstinence:
Refraining from all sexual
activity, including oral sex.

Purity:
Saving yourself mentally,
emotionally, and physically
until marriage and after
marriage remaining faithful
to your spouse.

Recommit to Purity:
Choose from this moment on to
remain sexually pure until marriage.



Why Wait?

Watching my single mother rushing into relationships blindly, giving away her body and losing pieces of her heart, I was always pretty sure I wanted to wait until marriage to have sex. But after hearing a camp counselor share how wonderful it was to give herself as a wedding gift to her husband, I was positive I wanted my wedding night to be as amazing as hers.

As I got older, my reasons for commitment became even deeper. I started to realize the physical, emotional, and relational risks involved in sex outside of marriage. I was relieved to not have to worry about having an STD. I witnessed the self-esteem of my girlfriends and mom plummet as guys slept with them and then moved on to the next relationship seemingly unfazed. I was grateful for the confidence I had that guys I dated were interested in me because of who I was and not what I had to offer physically.

I love knowing that someday when I get married, I will be able to have a level of intimacy with my husband that I have never had with anyone else. This intimacy will bond us together for life. I am committed to saving myself as a gift for him alone. If you have already shared your gift and had your heart broken, you can still reap the benefits of recom-

mitting to purity. Wrap your gift back up with a tag that says "Reserved for Someone Special" and vow to save it for your wedding night!

© Jeff Stone



Jaime Rau is a professional photographer and the founder of Purely Committed, Int. (est. 2001), an organization dedicated to encouraging peers to save sex for marriage.

just for **GIRLS**

Human Life Alliance is a non-profit, educational organization. With over 32 million publications in circulation, Human Life Alliance has distributed copies in more than 55 different countries on all seven continents.



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Translation: What he really means

He Says: "We're going to be together a long time."

She Hears: "We'll be together forever."

He Means: "3-6 months."

The Inside Scoop

on guys



Girls, next time you do your final mirror check in the morning, think about this: Dressing modestly is a crucial element to staying abstinent until marriage. It also helps protect and assist the guys in your life who want to remain abstinent. You might think it's "their problem," but guys are wired differently from girls in what turns them on.

Guys are visual, so when a girl is dressing to show off (wearing tight pants, low cut shirts, etc) it is difficult for guys because they are aroused by what they see. However, this doesn't give guys license to stare.

Modesty also boosts a girl's self-esteem and self-respect. Don't you want the confidence that your boyfriend likes you for who you are and not just your body? Start respecting yourself—and your guy friends—by dressing modestly!

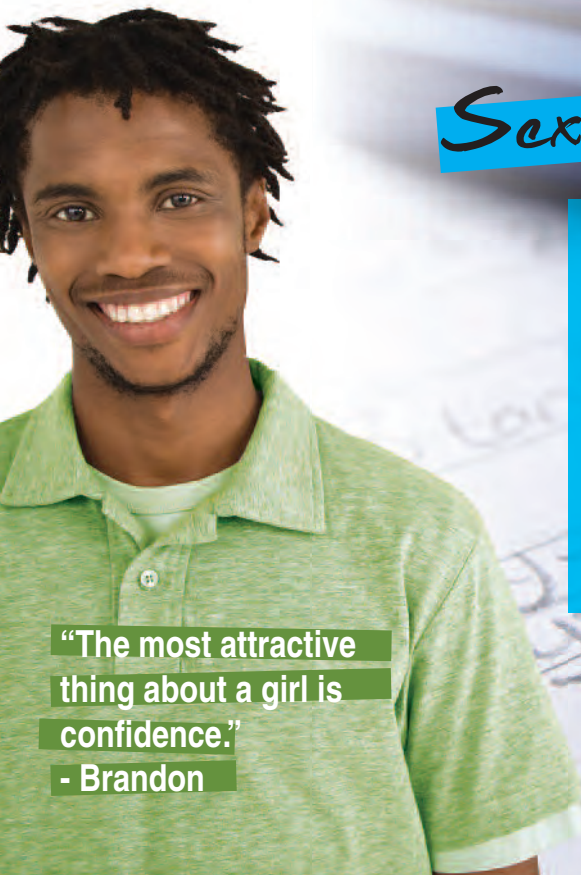
Sexual Mathematics

Some people think they are 100% protected from the possibility of pregnancy if they use more than one form of contraception. "If using a condom gives 85% protection from pregnancy and the pill gives 92% protection, then I'm 177% protected...right?"¹ Not a chance. Using two methods together does not give you 100% protection. The only 100% guarantee of avoiding pregnancy is abstaining from sex.

¹Centers for Disease Control and Prevention. Accessed 8/25/09.

"The most attractive thing about a girl is confidence."

- Brandon





Q&A

Dr. Mary Paquette answers your questions

Q I'm thinking about having sex with my boyfriend, and I don't want to get pregnant. Which birth control will keep me from getting pregnant?

A The bottom line is—there is no guaranteed way to avoid pregnancy other than abstinence. I have delivered babies for girls who were using every type of birth control. The pill is potentially 99% effective at avoiding pregnancy, but the average adult user only gets 94.6% effectiveness. Teen use is even less effective because the pill needs to be taken at about the same time every day and most teens use the pill intermittently, often forgetting to take it every day. The result is an increased risk of pregnancy. Although the shots are more effective, they again require that you get them on time. Condoms are the least effective form of birth control and frequently are misused or break. The longer teens use condoms, the less likely they are to continue using them every time. Many teens quit using the shots and pills because of side effects. These include: weight gain, depression, acne, and irregular bleeding. In addition, the pill doesn't always work by preventing pregnancy. About 4-11% of the time it interferes with implantation (when the baby tries to implant in the uterus). Implantation happens 5-9 days after fertilization. The pill blocks this implantation by thinning the lining of the womb, consequently aborting the baby.

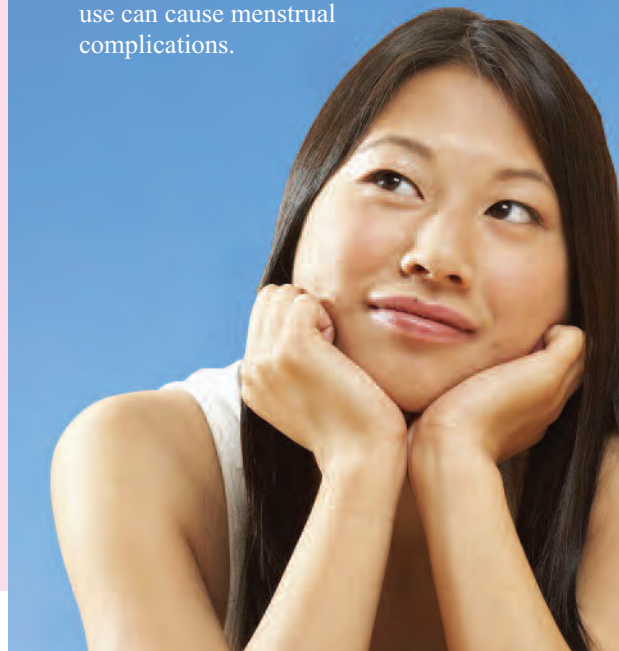
Q I'm 16 and just found out I'm pregnant. My boyfriend and I only had sex once! I haven't told my boyfriend yet, and I most definitely don't want to tell my parents. I love my boyfriend and I don't want to lose him! What should I do?

A You don't need to make a sudden decision. Talk to your boyfriend—he has a right to know he is a father. Also, talk to your parents. Most teens say, "But they'll kill me if they find out!" Include a trusted adult like your doctor, teacher, or youth group leader when meeting with your parents. Many teens decide to parent their child. This decision requires a lot of thought about what it means to be responsible for another person. Some teens choose adoption. This is a selfless choice for the teen who doesn't feel ready to be a parent. It requires being ready to cope with the loss of that child, but it carries the comfort of knowing you have given that child and the adoptive family an incredible gift.

Abortion is often thought of as a quick fix. No one will have to know, and you can go on with your life as if nothing ever

Q I've heard about this Plan B pill that you can take if you forget to use birth control. Is it safe to use? What does it do?

A Plan B is called emergency contraception and consists of a large dose of birth control hormones. It can be taken up to 72 hours after sex, but the chance of pregnancy goes up dramatically during the last 12 hours of this window. It does prevent pregnancy if you haven't ovulated yet. However, if you have or are about to ovulate, it also blocks the conceived embryo from implanting and the baby is then aborted. Side effects include nausea, vomiting, diarrhea, and heavy bleeding. Repeated use can cause menstrual complications.



happened. If this sounds too good to be true—it is. Abortion is a painful option. Women have described it to me as the most awful thing they have ever been through. Women often block out the memory of it and regret having aborted their baby. Not only do these women have lives haunted by their abortion, but they also have an increased risk of future infertility, miscarriage and premature babies. There is also an increased risk of breast cancer in women who have an abortion. Trying to hide your pregnancy with abortion only leaves you alone to cope with all the depression, pain and regret that follows. If you have had an abortion, there is hope and help. Contact Abortion Recovery International at 866-HOPE 4 MY RECOVERY(866-469-7326) or visit www.abortionrecovery.org. Click on the Care Directory to find help in your local area.

Q

I just went to the doctor and found out I have herpes. I'm so scared. What are the side effects of this disease?

A

You're not alone. Sexually Transmitted Diseases (STDs) have reached epidemic proportions. About 9 million young people are diagnosed with a new STD every year.¹ Most teens think it's safe to have sex with a limited number of people, but an estimated 50% of sexually active youth get an STD by age 25.² Herpes is a disease of recurrent painful blisters that break out on your genitals throughout the rest of your life. There are treatments to help reduce the frequency and severity of these blisters, but there is no cure. One in six people over the age of 12 are infected with herpes.³ It is most contagious when you are just about to break out in the blisters, so you may not know it. This makes it difficult to stop from spreading. Condoms don't prevent transmission because herpes can still spread through skin-to-skin contact. Oral sex can lead to the spread of herpes and other STDs to the face, mouth, and throat. I have dealt with many married couples that have to cope with STDs that one of them acquired in premarital sex. It is most devastating when it affects their children through birth or in utero infections. Take this opportunity to recommit to purity and avoid further complications from premarital sex.

¹ Centers for Disease Control. Accessed 8/5/09. | ² Kaiser Family Foundation. September 2006. | ³ The Medical Institute for Sexual Health. July 2009.

**Pregnant?
Need Help?**
call this number
1-800-848-5683
24/7

My Choice

Many people didn't understand how I could think about making an adoption plan for my child. But beyond my wants, I knew that my child deserved a stable loving mother and father. My family and friends came to congratulate my decision because they realized it was out of pure love. I thank God each day that I don't have to visit the memory of an aborted baby, the grave of an innocent life. Yes, I grieve the loss of my child and it's hard, but the joy far exceeds the sorrow. I rejoice in all he has gained! I can live with my decision...and so can my son.

I have no regrets!

MOLLY



Are you at risk? STD Quiz

1. ____ out of ____ sexually active young women has had a genital Human Papilloma Virus (HPV).¹

- A. 1 out of 30
- B. 1 out of 15
- C. 1 out of 7
- D. 1 out of 2

2. T/F: The younger a person is when they start having sex, the greater the chance of getting an STD.²

3. T/F: You can get an STD if you have oral sex.³

4. ____ out of ____ teens who have had sex wish they had waited.⁴

- A. 1 out of 4
- B. 2 out of 3
- C. 1 out of 3
- D. 1 out of 2

5. At least 20 million people nationwide are infected with HPV.⁵ A disturbing fact is that more than ____% of cases of cervical cancer are linked with HPV.⁶

- A. 30%
- B. 60%
- C. 95%
- D. 99%

Answers:

1. D | 2. True | 3. True | 4. B | 5. D

¹Center for Young Women's Health. Accessed 8/14/09.

| ²Children's Hospital Boston. Accessed 8/14/09. |

³Centers for Disease Control. December 2007. | ⁴The National Campaign to Prevent Teen Pregnancy. 2007.

| ⁵US Department of Health and Human Services.

January 2009. | ⁶American Cancer Society. June 2009.

Dating Do's and Don'ts

One in six women have been a victim of rape,¹ and among female rape victims 54% are under age eighteen.² Here are some tips to help protect yourself.

- ✓ **Do** keep a cell phone and contact information with you at all times.
- ✓ **Do** keep an emergency stash of money for a taxi with you in case your date goes sour.
- ✓ **Do** make sure someone knows where you are at all times.
- ✓ **Do** learn some self-defense moves.
- ✗ **Don't** go out with a guy if you don't know him very well.
- ✓ **Do** get to know him in group settings first.
- ✗ **Don't** go on a blind date alone. Insist on double dating with a couple you know.
- ✗ **Don't** go to quiet or secluded spots with your date.
- ✓ **Do** suggest going somewhere public if he really wants to get to know you.
- ✗ **Don't** leave your drink unattended at a party or eat anything questionable. Drugs can be slipped into your food and drink.
- ✗ **Don't** go to a guy's place alone with him.
- ✓ **Do** develop high standards and set boundaries of personal space.

- ✓ **Do** let your date know where your boundaries are.
- ✗ **Don't** let your date violate any portion of your boundaries—if he does, tell him to stop. If he doesn't stop—LEAVE!
- ✗ **Don't** try and explain things, just leave and call your parents or a friend to pick you up. Never get in the car with someone if you don't feel safe with them.
- ✓ **Do** trust your instincts. If you sense something isn't right—get out of the situation.
- ✗ **Don't** think you owe him any physical or sexual favors, even if he helped you or spent money on you.
- ✗ **Don't** give in to verbal manipulation. It's a form of abuse and can be a red flag that he wants to violate you.
- ✓ **Do** report him to the police immediately if he inappropriately touches you!
- ✓ **Do** protect yourself if you are attacked (go for the eyes, kick, bite). Make a lot of noise. If you can—RUN AWAY!
- ✗ **Don't** blame yourself if you are attacked. It is not always possible to anticipate or ward off an attack.

What is love?

Love is wanting what is best for the other person above and beyond your own desires and needs.

¹Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. 2005. | ²Centers for Disease Control and Prevention. Updated 2007.

I became pregnant at age 18 through acquaintance rape by a neighbor. I didn't know that what he had done was considered criminal sexual assault and was against the law. I told no one about the rape. My mother died when I was 12, and my alcoholic father abused my six younger siblings and me on a daily basis. Shortly after I found out I was pregnant my father kicked me out of the house for good. I was literally homeless, jobless, motherless, penniless, pregnant, and alone.

If you've been raped, please realize the worst is over. I want to encourage you to reach out for help to start the healing process.

Everyone was encouraging and pressuring me to get an abortion. They said things like, "You know what you have to do." I was even offered money to "get rid of it." I had no support and at times I felt like I was drowning in darkness. Yet I had one magnificent secret gift—the flourishing life of my unborn baby. This life gave me a thread of hope to begin to heal. I gave birth to a precious baby girl with blue eyes and dark hair, so tiny and so vulnerable. I named her Jennifer, and I knew she was a sacred gift to be loved and cherished. My daughter is wonderful and she has touched many lives including my own. I am so thankful for giving birth to her; I have no regrets.

If you've been raped, please realize *the worst is over*. I want to encourage you to reach out for help to start the healing process. My own experience is a reminder of what can happen when boundaries are crossed and sex is used as power and control. I chose to commit to purity until I married a wonderful man who adopted my daughter. You may not physically be a virgin, but you can decide in your heart to commit to purity and save that gift for your husband on your wedding night. You'll never regret choosing to wait until marriage!

Cindy

Going through junior high and high school, people would often say to me, "I'm against abortion except in the cases of rape and incest." You can imagine how I felt when they said that! They thought abortion was a bad thing—except in my case. That was pretty scary from my point of view. When I would tell people that I was conceived during an acquaintance rape I would always see a transformation in their faces. I could tell that they were realizing their double standard. They would finally recognize that I (the baby) didn't deserve to die just because of my father's crime.

Jen
(Cindy's daughter)

**If You Have Been Raped...
Or Have Pregnancy Related Issues
Call this number
1-800-550-4900
24/7**

Overcoming Rape

What to do if you've been raped

- ☐ Don't blame yourself; *it's not your fault*.
- ☐ Don't shower. It could wash away important evidence.
- ☐ Go immediately to the hospital and report the crime to the authorities.
- ☐ You may be offered emergency contraception, but be aware that if fertilization has occurred emergency contraception may cause an abortion.
- ☐ Get in touch with a support group that specializes in helping rape victims.
- ☐ Many attackers count on the silence of their victims. Empower yourself by revealing your attacker and going through the entire legal process. It is so important that you report the rape! It may be difficult, but do it for yourself, and do it so that no one else has to experience the same trauma you went through.

Before you hit send...

Consider this:

Sexting is sending nude or sexually suggestive photos, videos, or messages via cell phone.

Sexting is treated the same as child pornography in most states. Distribution and possession of child pornography is a federal offense. Teens can be labeled sex offenders and treated as felons for sexting.

Philip Alpert, who sent a nude photo of his girlfriend to her family and friends after an argument, was convicted of sending child pornography, sentenced to five years of probation and labeled a sex offender until he's 41. Jessica Logan wasn't so lucky. Her boyfriend sent nude photos she had sent him to teens in several different schools. After months of teasing and ridicule, she committed suicide.

Once a photo or message is sent, there is no guarantee it won't end up online where it is impossible to control who sees or uses it.

An act that takes just seconds can have life-long impact. Think before you text.

Feyerick, Deborah, and Shiela Steffan. "Sexting Lands Teen on Sex Offender list." *CNN's America Morning*. Retrieved 9/29/09.



Trading sex for favors, clothes, homework or money is prostitution. Don't risk it!

HOLLYWOOD: TRUTH OR SCAM?

So, you sit down to relax and watch another rerun of *Friends*. What's the first joke most likely to be centered around? Sex. Hollywood is continually sending messages to its audience that everyone is having premarital sex and that there must be something wrong with you if you're still a virgin. These are lies.

Hollywood is not honest with you when it shows you the consequences of sex before marriage. They don't show the people who are infected with a viral STD and must deal with the painful consequences their entire lives. They don't show the long-lasting emotional difficulties that having multiple boyfriends, multiple sexual

encounters, and multiple break-ups can have on someone's life. Why don't they? Because the painful consequences of premarital sex will not sell. What sells is sex for pleasure: sex free from any emotional,

That message is not treating you with the respect you deserve.

physical, or mental consequences. Have a one-night stand and laugh it off the next day, right? Wrong. Your favorite character on *Friends* can have over ten partners in one season with no emotional side effects or STDs. That's not how it works in the real world. Eventually you

have to face reality. Sex outside of marriage has real and lasting painful effects.

The dishonest messages about sex are everywhere in the media today. But what are they really telling you? "Let yourself be used for someone else's pleasure and then be thrown away the next day." That message is not treating you with the respect you deserve. You are a human being who deserves to be treated with dignity and respect, not used and abused. Submitting to the messages about sex that our culture is spreading only serves to degrade and devalue you as a person. Don't let this happen to you; you deserve better!



what women really want

Sure, we say we want a “knight in shining armor” or “Mr. Right.” But what does that mean? It doesn’t require rippling muscles and perfect hair. In today’s society, women are looking for a guy who can be honest, loyal, respectful, and above all, desires to save himself sexually for his future wife.

Women want a guy who will love us for who we are, not just for our physical beauty that could start downhill after forty! Speaking from personal experience, being the trophy couple doesn’t score any points in marriage. My parents were high school

sweethearts—beautiful state gymnast meets handsome football player—the “perfect” yearbook romance. Now, 25 years later, my mom has gained a few pounds and my dad reminds her how much he doesn’t like it. They looked good together in pictures; they were the prom king and queen; and now, everyday, I watch my mom try and live up to her “trophy-wife” role. Not exactly the fairy tale she envisioned.

So what do women want? We want guys to realize that women on TV screens and magazine covers have bodies that aren’t realistic. They’re manufactured and

man made. Meet us, date us, and marry us for our personalities—our passions, beliefs, and priorities—rather than what you see on the outside. Despite what some think, we don’t want a player. We want you to commit to your future wife now and respect other women by saving sex until marriage. We don’t want a man who relies on condoms for protection, because they don’t protect. Stand up for us, respect us and love us for who we are. What do women want? We want a real man with the courage to wait.

Lindsey 4.

The Science of SEX

During sexual activity, powerful hormones are released in the brains of men and women that produce lasting bonds with their partner. The most influential bonding neurohormones are oxytocin and vasopressin.

Oxytocin is a bonding hormone released during childbirth and nursing that causes the mother to bond with her infant. It is also released during sexual activity and acts as emotional super glue between partners.¹ Both men and women have oxytocin and release it during sexual activity, but women are more affected by oxytocin and men by vasopressin, another bonding hormone released during sexual activity. Vasopressin helps a man bond to his partner and instills a protective instinct toward his partner and children.^{2,3}

This bonding effect of sex, due to the hormones oxytocin and vasopressin, can be compared to duct-taping a couple’s arms together. Imagine ripping off the tape and using the same piece of duct tape to wrap a girl’s arm to a new guy’s arm. What happens is



not exactly pleasant. By switching partners several times, particles of skin and hair left on the tape reduce the adhesiveness so it doesn’t attach effectively. The same is true of sex. Research suggests the ability to bond and produce oxytocin is damaged by stress hormones released during break-up. Just like debris on duct tape, previous sexual experiences reduce the ability to bond correctly. Oxytocin levels can return to normal if sexual activity is stopped and time is given to address physical and emotional healing.⁴ Refrain from getting into a new relationship for a year or two and commit to save sex for marriage.

Conversely, imagine the duct tape was never removed. The duct tape would begin to feel like a part of the arm and the adhesion would be strong.⁵ When a couple waits until marriage to have sex, and remains faithful to each other during marriage, oxytocin and vasopressin increase the biological bond between the husband and wife.

¹The Female Brain. 2006. | ²Nature. Oct. 7, 1993. | ³Progress in Brain Research. 1998. | ⁴Keroak, Eric, M.D. “Oxytocin: Is This Nano-Peptide a Chemical Type of Human Super Glue?” 2006. | ⁵ibid.

WHY WAIT??????????

"I want a guy
who will wait
for me and who
will be a good
husband and
father."
-Stacy



JUST FOR GUYS

Human Life Alliance is a non-profit, educational organization. With over 32 million publications in circulation, Human Life Alliance has distributed copies in more than 55 different countries on all seven continents.



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I'm 19, and saving sex for marriage has been a huge part of my principles from very early on. I saw my friends do things they ended up regretting, and even though I have "missed out" on a lot of irresponsible fun at this age, I've saved myself from emotional and physical damage. Aside from all the STDs I haven't contracted, I haven't had to deal with the immense burden of breaking up with someone I've had sex with, having sex with multiple people, and becoming a father when I'm still growing up myself.

Having sex before marriage not only cheats me, it cheats my future wife out of everything she deserves. She deserves to have all of me, and not have to share me with anyone in the past, present, or future. So not only does abstinence have some benefits in the present, it is most importantly a view towards the future.

Right now it is difficult to abstain and save all of that fantastic sex for the future, but the payoff will come when I can give myself completely to my wife and together we can enjoy the gift of sex that we have saved for each other.

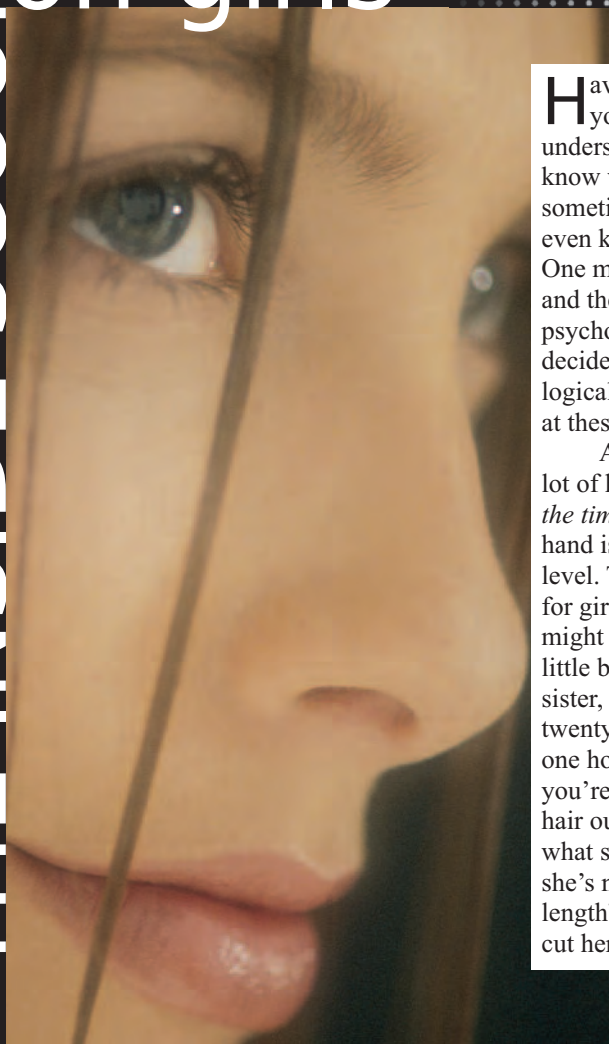
Brett V.

P.S. Maybe you've made some mistakes. Don't give up. Recommit to saving sex for your future wife. You won't regret it.

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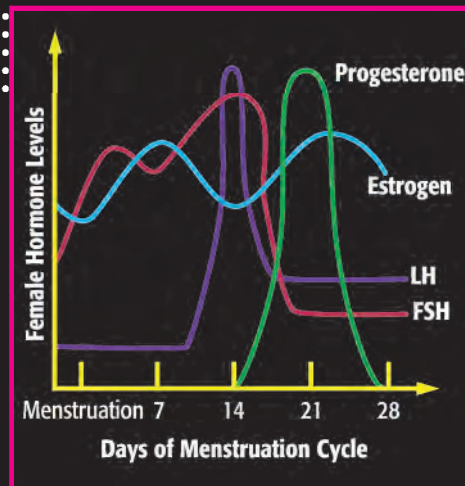


THE INSIDE SCOOP on girls

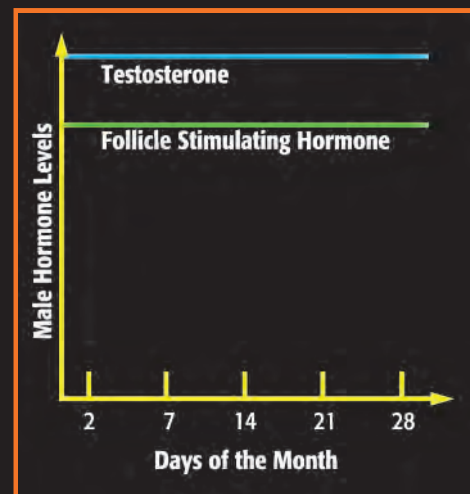


Have you ever said to yourself, “I just don’t understand women! I never know what they want, and sometimes I think *they* don’t even know what they want. One minute they’re happy and the next minute they’re psycho!” Well, before you decide to give up, there *is* a logical answer. Take a look at these two hormone charts.

A girl is dealing with a lot of hormonal changes *all the time*. A guy on the other hand is hormonally very level. This isn’t an excuse for girls to be mean, but it might help you understand a little better why your mother, sister, or girlfriend can have twenty different moods in one hour. So the next time you’re ready to tear your hair out trying to figure out what she wants, remember, she’s not on the same “wavelength” as you—literally—so cut her some slack.



▲ girls
vs.
guys ▼



Abstinence: Refraining from all sexual activity, including oral sex.

Purity: Saving yourself mentally, emotionally, and physically until marriage and after marriage remaining faithful to your spouse.

Recommit to Purity: Choosing from this moment on to remain sexually pure until marriage.

>>>>> **TRANSLATION**

SHE SAYS: “Do you respect me?”

HE HEARS: “Blah, blah, blah...”

SHE MEANS: “Do you really care about me or do you just want sex?”

I want to have sex with my girlfriend, but I don't want to get her pregnant. Will a condom be enough, or does she have to be on the pill too?

Babies come naturally from sex. No matter how hard people try with contraceptives, and even with sterilization, there is still a risk that sex will result in

pregnancy. I even know doctors who got pregnant while using two different contraceptives at once. This makes sense because babies are meant to come from sex. It's built into nature. We can try to fool nature, but when we do we usually become fooled ourselves. Abstinence, including no mutual genital contact, is the only 100% guarantee of not getting pregnant.



I haven't had sex yet, but my friend said that there is some sort of pill that a girl can take to stop a pregnancy from happening. What is that all about?

You are referring to emergency contraceptive pills. They all include high doses of female hormones. The side effects of these are quite severe, which is one reason why they are not more popular. Along with the side effects, they all can cause an abortion.

Q&A



Dr. Matt Paquette
Answers your
questions

My girlfriend just told me she's pregnant, but I'm not ready to be a dad. I'm thinking of telling her to get an abortion. I'll even pay for her to have one if that's the best thing! I'm not ready to be a father! What should I do?

None of us should be having sex if we are not ready to be a parent (because, again, kids come naturally from sex). But if you do become a dad before you intend to, the last thing you should do is kill your child. Post-abortion syndrome (depression, anxiety, etc.) affects men as well as women. After an abortion, women are more likely to have breast cancer, infertility, and premature babies. Financially, the responsibility of parenting includes diapers, formula, and clothes, or if you don't marry—child support. Parenting is tough at any age, especially if you are a teen. I would encourage adoption. There are thousands of couples eager to adopt. My biological mother was sixteen when she placed me for adoption. It was a loving act for which I am still grateful.



I'm still a virgin, but all the guys keep teasing me like there's something wrong with me because I haven't done it yet. Am I weird?

You're not weird—you're smart. And you are not alone. Over 2 million teens in the US alone have taken a pledge of abstinence until marriage. You will save yourself from numerous STDs, unwanted pregnancy, and a lot of heartache. When you do find the right woman and marry her, both of you will be much happier because you saved yourself for her.

One in five teenage couples using condoms as birth control became pregnant after one year.

Trussell J. *Contraceptive Technology*. 2004.

Girlfriend Pregnant?
>>>>> Need Help??

Call this number:
1-800-848-5683 <<<<<
24/7



STI: Sexually Transmitted Infection:
An infection that is usually passed through intimate bodily contact.

STD: Sexually Transmitted Disease: Damage caused by an STI.

Medical Institute of Sexual Health. Accessed 9/1/01.

Choosing Life

Although it's not easy to place your child for adoption, my biological parents loved me so much that they gave up their life *with* me so that I could have a chance at a better life. Their sacrifice brought my parents' dream of having a family to reality. I love my adoptive parents, and I thank my biological parents for their sacrifice.

Dan S.

DATING RULES!

Respect your date by being intentional about dating and not leading her on. Do you just want sex, or do you really want to build a relationship? Set your dating boundaries before you are in a relationship. When you start dating, communicate your boundaries to your date and then DON'T cross the line. Don't think condoms or birth control will protect you; abstinence is your best protection against STDs, HIV, pregnancy, and child support.

Don't mess with your future. Realize "no" means NO! There are multiple levels of sexual assault from first to fifth degree. Fifth degree sexual assault is inappropriately touching a girl with all her clothes on. If you violate someone, you can land in prison for 3-20 years depending on the situation.

Guys can also be victims. Avoid situations where you could be wrongly accused of inappropriate behavior.

STD QUIZ

1. About ____ percent of all STDs occur in people under age 25.¹

- A. 34%
- B. 50%
- C. 25%
- D. 56%

2. At least ____ out of ____ sexually active people get a genital HPV infection at some point in their lives.²

- A. 1 out of 30
- B. 1 out of 15
- C. 1 out of 7
- D. 1 out of 2

3. What is the most reliable way to prevent STDs? ³

- A. Abstinence
- B. Condoms
- C. The Pill
- D. The Shot

4. There are at least 25 different STIs, many of which are incurable. Untreated STIs can cause ____.⁴

- A. Chronic Pain
- B. Infertility
- C. Cancer
- D. Death
- E. All of the above

5. True or False: You can still get an STI such as herpes or HPV if you use a condom.⁵

Answers:

1. B | 2. D | 3. A | 4. E | 5. True

¹Centers for Disease Control. January 2009. | ²Centers for Disease Control. December 2007. | ³National Prevention Information Network. Accessed 8/3/09. |

⁴Cincinnati Children's Hospital Medical Center. August 2008. | ⁵Centers for Disease Control. Accessed 8/17/09.

Rewiring the Brain

See how the porn industry makes money...

PORNOGRAPHY

A scientist named Pavlov did a famous experiment with dogs.

He rang a bell every time he fed the dogs and was able to condition their brains to eventually salivate just at the ringing of a bell—even though food was not present. This is called a conditioned response, as you can't just tell your body to start drooling.

Research shows the same response happens with porn. Pornography conditions and rewires your brain to become aroused at the sight of erotic images.¹ Viewing porn causes an arousal response that releases massive amounts of natural chemicals, such as dopamine, which can result in a powerful chemical addiction.²

This is how the porn industry makes money. The effect of this conditioning is that you will eventually need more and more porn to get the same "high." As a consequence, when you have sex with your wife, you may have difficulty becoming aroused. Your body can become so conditioned to pornographic images that you can't get aroused without them. "Sorry Honey, I need to look at these pictures of other women to be able to have sex with you—you're not enough." Do you really want to say that to your future wife?

There is a way out. You can get help to break this addiction. Counseling is available for sexual addiction and addiction to pornography. Please seek help in your local area.

¹ Reisman, Judith. "Biologically Arousing Sexual Imagery as Psychopharmacological 'Toxic Media,' 'Harmful to Minors,' Overriding Left Hemisphere Cognition, Subverting Informed Consent and Free Speech." 1993, 1996. | ² Harmer, John L. *The Sex Industrial Complex: America's Secret Combination: Pornographic Culture, Addiction, and the Human Brain*. 2007.



FACE THE CHALLENGE

It's not always easy to stand up for what's right, and saving sex until marriage is no exception. Others may give you a hard time and try to tear you down because you're making healthy decisions.

Stand up for your beliefs! Don't get pulled into other people's mistakes—they probably don't have your best interest in mind.

Remember, if you want to avoid STDs, unplanned pregnancy, child support, poverty, and a whole lot of failure over bad decisions—choose abstinence until marriage!

Of teens that report having sex, 2/3 say they wish they had waited.

The National Campaign to Prevent Teen Pregnancy. 2007.

True Story: A Second Chance

The temptation started gradually...



Love: Wanting what is best for the other person above and beyond your own desires and needs.

The guys at work would tell dirty jokes, or show off the new porn site they found over the weekend. Eventually I was hooked on pornography. During that time, I was also involved with a girl and sex was the dominating force in our relationship. It wasn't communication or love that held us together; it was sex. I now understand this is not how relationships were designed to progress. The physical side of the relationship should be saved for marriage. Eventually, my relationship with that girl dissolved.

After that, I went through a lot of growth in my life. I decided from that moment on—no matter how many mistakes I had made—I wanted to wait for whatever my future would hold. Later on, I met a beautiful woman named Beth who had similar struggles

throughout her life and had also chosen to recommit to purity after her mistakes. Our relationship is so much stronger because it was based on communication and not on sex before we got married.

If you've messed up, STOP and make a commitment to follow higher standards. An important part of staying pure is to find a wise, trusted friend who will encourage you to make good decisions. Stay away from porn so you won't have the pain of those images intruding on your future relationships. Set standards *before* you start dating. If you make a mistake, set boundaries to keep it from happening again.

If you want to experience great sex—save it for marriage. Learn from my mistakes. You will never regret waiting until marriage. — Steve B.

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